



"Simple quilts and other sewing projects"

Have you always wanted to make a quilt, a tote bag, a pillow cover? Then this class is for you. No experience necessary. You will learn about the sewing machine (please bring your own or borrow one), fabrics, tools, and patterns. You will complete a simple quilt, a tote bag and a pillow cover. A full materials list will be available upon registration.

Who: 18 years + (or responsible teens)
 When: Saturdays, 9am - 12pm
 Oct. 23, 30 & Nov. 6 & 13
 Cost: \$20 for all 4 weeks
 Register by October 18

Instructor Sarah Smith has been quilting and sewing for over 40 years. She lives in Newmarket with her husband Peter.



Lights... Soccer... Action... Adult Co-ed Pick Up Soccer

Looking for a place to just get together with people and kick the ball around? Why not come down to Leo Landroche A Field for a night of exercise and community play? Every Monday night we will be having a pick up game of soccer under our new lights out on the field. Game play will be based on number of participants that show up that night. This intramural soccer activity will be held from 6:30-7:30pm. Don't sit on the sidelines waiting; come out and play soccer with us! All levels of play welcome!



Who: Co-Ed - adults ages 18 and up
 When: Mondays, 6:30pm - 7:30pm
 Oct. 11 thru Nov. 8, (5 weeks)
 Where: Leo Landroche Field - under the lights - located in front of the Community Center.
 Cost: \$5/ Drop in**

No registration needed... just show up!

PASS IT ON!

Please try to get the word out on this opportunity. If we get the numbers, we're hoping to have at least one night a week always dedicated to community play. (weather permitting) and provided the field is not booked for league play.



Holiday Floral Arrangements

For the month of November and December you will create a beautiful, fresh flower centerpiece appropriate for both the Thanksgiving Holiday and Christmas Holiday seasons. Each participant will learn basic art of floral design and leave with a centerpiece that they created. What a great Holiday gift or, better yet your own table! Material costs \$20.00

Who: Adults
 When: Tuesdays, 1:30pm - 2:45,
 November 23, - For Thanksgiving
 December 21 - For Christmas

Where: Sunrise Sunset Center

Cost: \$5 /class instruction + materials costs
 Call 659-4469 to register each month. Space limited.
 Instructor: Pat Cowhig is a floral designer and has been the manager of Flora-Venture for many years.



TURBO KICK - Fundamentals of Cardio Kickboxing.

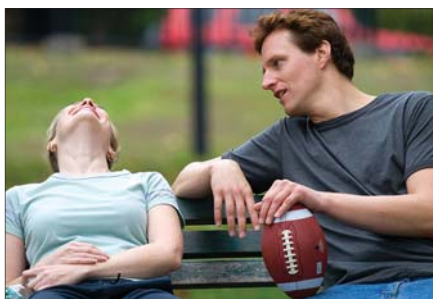


Hey want to try a new class with us? How about trying the Fundamentals of Cardio Kickboxing. It's like Kickboxing with a twist. This core conditioning class incorporates traditional kickboxing, dance, and Brazilian martial arts. The format will include modifications for all levels. The class will be held on Saturday mornings. Dates TBA. If you are interested in finding out more on this new program. Please contact Dana directly by emailing

her at piyo_dana@yahoo.com or call her home: 292-6343 for more information, dates and pricing.

FOOTBALL 101

"What is he talking about!?" Have you ever wondered the difference between encroachment and off-sides? Do you get your defensive back mixed up with your half back? Tired of getting completely



lost when family and friends talk about this sport? Fear no more! We've come up for the perfect class for you newbies and/or football widows! Jim Hilton, our Recreation Director for over 20 years, and a true football fanatic and former football coach is excited to break it down for you in simple, friendly terms that will leave you confident and not so lost while watching the game! Just think, no more looking at your husband in frustration asking... what just happened! Note: this is a crash course – we're covering core concepts here, not the entire NFL rulebook.

Who: Newbies and frustrated football widows
When: Thursday, Oct. 7th, 6:00pm - 8:00pm (1/2 time chips and dip break)
Where: Community Center
Cost: \$15 (you can pay that night, but please call ahead 659-8581 to let us know you are coming)



PiYo™ - Pilates / Yoga Fusion

PiYo™ is an athletic blend of Pilates, Yoga, and so much more. This mat class includes modifications for the group exercise environment, yet offers exercise progressions to challenge all levels of participants. PiYo is designed to increase strength, flexibility, and coordination.

Instructor: Dana Rossignol is a certified instructor of PiYo. She loves teaching and helping others to reach their fitness goals. She also holds a Gold certification in Turbo Kick. NEW! Personal Training: Dana will now be offering personal training sessions for those interested. Please contact Dana directly by emailing her at piyo_dana@yahoo.com or call her home: 292-6343 for info/scheduling.

Who: Teens - Adults
When: Mondays, - 6:30pm to 7:30pm
No classes on federal holidays.
Cost: \$6 drop-in fee
Where: Community Center
Register by: Ongoing - just show up!



Zumba Gold Fitness

This amazing program is very easy to follow so anyone at any age will be able to do Zumba Gold. The Zumba® Gold Fitness program was designed for the true beginner, people who are not used to exercising, people who may be limited physically, and/or the active older adult. Zumba Gold is done at a lower intensity, not as fast as regular Zumba, but it certainly is as fun. All the same great Latin styles of music and dance are used. Dances that are specifically highlighted in this program include the Merengue, Cha Cha, Cumbia, to name a few.

Instructor: Aimee Gigandet, Asst. Recreation Director, is a certified Zumba Gold Instructor.

Who: Adults
When: Mondays, - 12:15pm - 1:00pm
Thursdays, - 8:15am - 9:00am
No classes on federal holidays.
Where: Sunrise Sunset Activity Center
Cost: \$4 drop-in day fee (or \$6/week)
Register by: Ongoing - just show up!